



Effective hand washing should take approximately 45 Seconds.

## HAND HYGIENE

Hands are one of the most common vehicles for transfer of bacteria to food and can become contaminated in a number of ways. Lack of hand washing when required and not following a correct hand washing procedure are the most common problems observed.

The objective of the food handler when washing their hands should be to reduce the number of bacteria to a safe level.

Effective handwashing relies on friction and dilution.



### Areas Commonly Missed

The blue areas on the illustration show the areas commonly missed or poorly washed



There are many situations when you should wash your hands, the following are typical when in a food processing environment:

- After touching hair, nose, mouth or ears.
- Before eating.
- After smoking, coughing or blowing nose.
- After visiting the toilet.
- Before and after handling food, in particular allergens.
- Before handling packaging.
- After handling waste.
- Before putting gloves on and after removing them.
- After touching dirty surfaces.
- Before and after changing or putting on a plaster or touching damaged skin.
- After dealing with a bodily fluid spillage incident.
- Before and after carrying out any cleaning tasks.

Ensure when you wash your hands you follow the directions shown in the posters at handwash stations.



Link to hand hygiene video